

MONTGOMERY COUNTY RECREATION DEPARTMENT

LONG BRANCH SENIOR CENTER

LONG BRANCH COMMUNITY CENTER

8700 PINEY BRANCH ROAD, SILVER SPRING, MD 20901

240 777-6975

[HTTP://MONTGOMERYCOUNTYMD.GOV/REC](http://MONTGOMERYCOUNTYMD.GOV/REC)



February 2011

Elizabeth Ortega-Lohmeyer, Director,

Staff: Richard Gutiérrez, Celibel Cortes, Carol Clatterbuck, Leah Kwait-Blank,
Nancy Martínez, Philler Johnson

The Long Branch Senior Center opens from 10:00 am to 2:00 pm Monday through Friday; the center complies with the following Inclement Weather Policy:

Inclement Weather Policy

When Montgomery County Public Schools are closed due to snow, ice or severe weather, all classes and activities will be cancelled. There will be no lunch served and no transportation. If County Schools have a delayed opening, all activities scheduled to begin at 10:00am or later may be held as usual but lunch **will not** be served. When County schools close early, the center may close early, and activities are cancelled. If in doubt, call the center before leaving home 240-777-6975.

Long Branch Senior Citizen Advisory Committee
General Annual Meeting
Tuesday, February 8th, 2011
12:00 pm to 1:00 pm - Lounge Room

Elections were postponed to Thursday, March 3rd 2011

Let's celebrate
Friendship Day on
Monday 14th
12 to 2pm

International Romantic Music
from the National Theatre
Community Vaudeville performed
by Bill Davis and his guitar,
professor María Lojo in the piano,
Nancy Martínez with her guitar,
the Long Branch Girls; delicious
food, and lots of love. Cost \$8.00

February Programs

SPEAKERS, ENTERTAINERS AND SPECIAL EVENTS

Dance at Long Branch! Practice your best steps of Latin salsa, merengue, jazz and more any time at the Social Hall B.



The beat is on for you.



All programs are free except when indicated. Call our office at 240-777-6975 if you have any question, thank you.

Tuesday, February 1st, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and coffee

Enjoy playing with your fellow participants any kind of board games, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: US Movie with Subtitles in Spanish

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am Spanish Beginner: Native Spanish speaking instructors Xiomara Martinez and Waldo Pinto Teach entry level Spanish; but students must purchase *Barron's Learn Spanish the Fast and Fun Way* (3rd Ed.). 15 weeks.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:00 am: Citizenship

Martine Portee helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:30 am: T'ai Chi and Breathing Exercises

Tai Chi is a very popular form of exercise because it encourages you to be more active improving your health potential dramatically through gentle movements, deeper breathing, and focusing your mind. It can help reduce blood pressure and arthritis, improve digestion and much more. Peter Mosher the Instructor teaches T'ai Chi and breathing exercises. Cost: \$1.00.

1:00 pm: Lunch, Split Pea Soup, Baked Pollack, Lemon Butter Sauce, Glazed Carrots, Tossed Salad, Corn Muffin, Pineapple Tidbits, Tea, Coffee, Water.

Wednesday, February 2nd, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am - 12:00 pm: Computer Tutoring

If you have taken a computer class, volunteers Edward Ingram and Jane Hawkanson are available to give one-on-one help to improve your computer skills.

10:00 am to 12:00 pm: English Classes

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction by volunteers.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11:00 am: Learn reading and writing in Spanish

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

12:00 pm: Bingo

Learn and play for fun or for prizes. Cost \$1.00.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch Roast Beef/Gravy, Sweet Potatoes, Spinach Salad, Whole Wheat Bread, Cinnamon Applesauce, Orange Juice, Coffee, Tea or Water.



Thursday, February 3rd, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am – 12:00 pm: Love Your Heart Everyday

Leni Barry, a nurse from Suburban Hospital presents a seminar on healthy habits which will include a discussion among participants, a DVD presentation, and handouts for the participants to refer and take home. Program is in English with an interpreter in Spanish.

12:00 pm to 2pm: Know your Blood Pressure Numbers Program

This Heart Health Risk Factor Assessments Program includes Blood pressures/Heart Rates/BMI (weight calculation) and the completion on a new Heart Health Profile Card; each visit of Nurse Leni Barry from Suburban Hospital will be a re-assessment of blood pressure, heart rate, BMI, and each individual will be able to track their progress. It is important for everyone to have a goal they are working on with instruction to actually make lifestyle changes to help maintain Heart Health.

12:00 pm US Movie with Spanish subtitles.

12:00 pm: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Citizenship

Martine Portee helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

12:00 pm: Long Branch Seniors Advisory Committee Meeting and Annual Meeting.

1:00 pm: Lunch Baked Chicken Leg, Black Eyed Peas, Broccoli, Garden Salad, Whole Wheat Bread, Peach Cobbler, Coffee, Tea, or Water.

Friday, February 4th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:30 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:30 am 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee: \$2.00.

12:00 pm: Spanish Advanced Beginner

Native Spanish speaking volunteer instructors Xiomara Martínez and Waldo Pinto Teach Spanish to those who have taken Spanish for Beginners.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch Turkey Stew, Chopped Kale, Tossed Salad, Rye Bread, Banana, OJ Pineapple Juice, Coffee, Tea or Water.



Monday, February 7th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am – 2:00 pm Chinese American Senior Services Association (CASSA)

10:00 am - 12:00 pm: Computer Tutoring

If you have taken a computer class, volunteers Edward Ingram and Jane Hawkanson are available to give one-on-one help to improve your computer skills.

10:00 am - 12:00 pm: English Classes

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction by volunteers.

10:30 am - 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00)

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00pm: Spanish Conversation Club

Practice your Spanish conversation skills with native speaker and volunteer Waldo Pinto.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch Vegetable Soup, Roast Turkey, Mashed Potatoes/Gravy, Brussels Sprouts, Pumpernickel Bread, Tropical Mixed Fruit, Coffee, Tea and Water.

**Tuesday, February 8th, 10:00 am - 11:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am: Dance with Annetta

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Citizenship

Martine Portee from Baltimore City Community College helps seniors every Tuesday and Thursday teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:00 am: What you need to know about Oral Health

Lecture given by a specialist from Health and Wellness Program of the Adventist Healthcare, session is in English and Spanish.

11:30 am: T'ai Chi and Breathing Exercises

Tai Chi is a very popular form of exercise because it encourages you to be more active improving your health potential dramatically through gentle movements, deeper breathing, and focusing your mind. It can help reduce blood pressure and arthritis, improve digestion and much more. Instructor Peter Mosher teaches T'ai Chi and breathing exercises. Cost: \$1.00.

11:30 am: Aging and Disability Resource Center

Client Assistance Worker from HHS, Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. Call her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.

11:00 am Spanish Beginner: Native Spanish speaking instructors Xiomara Martinez and Waldo Pinto Teach entry level Spanish; but students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: BINGO

Learn and play the Latin American equivalent to Bingo; play for fun or for prizes. Cost \$1.00.

1:00 pm: Lunch, Chicken Tetrazzini, Green Salad, Whole Wheat Roll, Stewed Apples, Orange Juice, Tea, Coffee and Water.

**Wednesday, February 9th, 10:00 am to 10:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:00 am - 12:00 pm: Computer Tutoring

If you have taken a computer class, volunteers Edward Ingram, Jane Hawkanson and Leah Kwait-Blank are available to give one-on-one help to improve your computer skills. .

10:00 am - 12:00 pm: English Classes

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction by volunteers.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11 am to noon: Learn Spanish Literacy

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school; program is for Spanish speaking participants only.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:00 am: USA Movie with Spanish subtitles.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Program is co-sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

12:00 pm: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance.

Exercises are both standing and seated using weights.

1:00 pm: Lunch, BBQ Beef, Multigrain Bun, Corn O'Brien, Garden Salad, Sliced Peaches, Orange and Pineapple Juice, Coffee, Tea and Water.



Thursday, February 10th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

VASA celebrates Tan Mao New Year or Year of the Cat and their first anniversary. For information please contact Ms. Quynh Nguyen at 301.588.6862.

11:00 am: Citizenship

Martine Portee from Baltimore City Community College helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:00 am: Prevention Oral Health Disease

Susan W. Polydoroff, RDH, Coordinator of the Senior Dental Program of MCHHS teaches good daily Oral Health Habits. English and Spanish.

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

1:00 pm: Lunch, Baked Haddock, Creamy Dill Sauce, Brown Rice Pilaf, California Veggies, Rye Bread, Banana, Pineapple Juice, Coffee, Tea or Water.

Friday, February 11th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am - 2:00 pm Chinese American Senior Services Association (CASSA.)

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

11:00 am: Continuing Spanish

For seniors who wish to continue to develop their Spanish skills including grammar, text required, *Easy Spanish Step-by-Step* by Barbara Bregstein. Instructor is native Spanish speaking Waldo Pinto; 15 weeks.

12:00 pm: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:30 am 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$1.00.

1:00pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Baked Chicken Leg, Curry Gravy, Baked Potato Carrots, Spinach Salad, Whole Wheat Bread, Fruited Gelatin, Coffee, Tea and Water.

Monday, February 14th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am - 12p m: Know your Blood Pressure

The Health and Wellness program of Adventist Healthcare takes your Blood Pressure every second Monday of the month.

10:00 am - 12:00 pm: Computer Tutoring

If you have taken a computer class, volunteers Edward Ingram and Jane Hawkanson are available to give one-on-one help to improve your computer skills.

10:00 am - 12:00 pm: English Classes

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction by volunteers.

10:30 am - 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00)

12:00 pm to 2:00 pm: Friendship Day Lunch with music from, Roasted Chicken, Roasted Red Potatoes with Onions and Green Peppers, Vegetables Normandy, Rolls with Butter, Orange juice Coffee, Tea and Water.



Tuesday, February 15th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion.

Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am Spanish Beginner: Native Spanish speaking instructors Xiomara Martinez and Waldo Pinto Teach entry level Spanish; but students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

11:00 am: Citizenship

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11:30 am: T'ai Chi and Breathing Exercises

Tai Chi is a very popular form of exercise because it encourages you to be more active improving your health potential dramatically through gentle movements, deeper breathing, and focusing your mind. It can help reduce blood pressure and arthritis, improve digestion and much more. Instructor Peter Mosher teaches T'ai Chi and breathing exercises. Cost: \$1.00.

12:00 pm: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

1:00 pm: Lunch Roast Turkey/Gravy, Cornbread Dressing, Chopped Spinach, Three Bean Salad, Whole Wheat Bread, Orange, Tea, Coffee, and Water.

**Wednesday, February 16th 10:00 am - 11:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own. .

10:00 am - 12:00 pm: Computer Tutoring

If you have taken a computer class, volunteers Edward Ingram and Jane Hawkanson are available to give one-on-one help to improve your computer skills.

10:00 am - 12:00 pm: English Classes

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction by volunteers.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11:00 am to 12:00 pm: Learn how to read and write in Spanish

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: USA Movie in English with Spanish subtitles.**12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program**

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

12:00 pm: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Birthday Celebration! Everyone who has a Birthday in February cuts the cake today.

1:00 pm: Lunch, Minestrone Soup, Tuna Noodle Casserole, Turnip Greens, Rye Bread, Canned Plums, Tea, Coffee, and Water.

Thursday, February 17th 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

Meets every Thursday, for information please contact Ms. Quynh Nguyen at 301.588.6862.

11:00 am: Citizenship

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11:00 am: US Movie

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

1:00 pm: Lunch Ginger Beef, Brown Rice, Cauliflower/Red Pepper, Whole Wheat Roll, Diced Pears, Orange Pineapple Juice, Coffee, Tea or Water.

Friday, February 18th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am- 2:00 pm Chinese American Senior Services Association (CASSA)

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of T'ai Chi Chuan solo exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Continuing Spanish

For seniors who wish to continue to develop their Spanish skills including grammar, text required, *Easy Spanish Step-by-Step* by Barbara Bregstein. Instructor is native Spanish speaking Waldo Pinto; 15 weeks. .

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$1.00 per class per person.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Spaghetti, With Meat Sauce, Garden Salad, Whole Wheat Bread, Banana, Cranapple Juice Tea, Coffee, and Water.

Monday, February 21st,
the Center is Closed
to observe
President's Day



Tuesday, February 22nd, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

9:30am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

10:00 am: Dance with Annetta

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion.

Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Spanish Beginner

Native Spanish speaking instructors Xiomara Martinez and Waldo Pinto Teach entry level Spanish; but students must purchase *Barron's Learn Spanish the Fast and Fun Way* (3rd Ed.). 15 weeks.

11:00 am: Citizenship

Martine Portee helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:30 am: T'ai Chi and Breathing Exercises

Tai Chi is a very popular form of exercise because it encourages you to be more active improving your health potential dramatically through gentle movements, deeper breathing, and focusing your mind. It can help reduce blood pressure and arthritis, improve digestion and much more. Instructor Peter Mosher teaches T'ai Chi and breathing exercises. Cost: \$1.00.

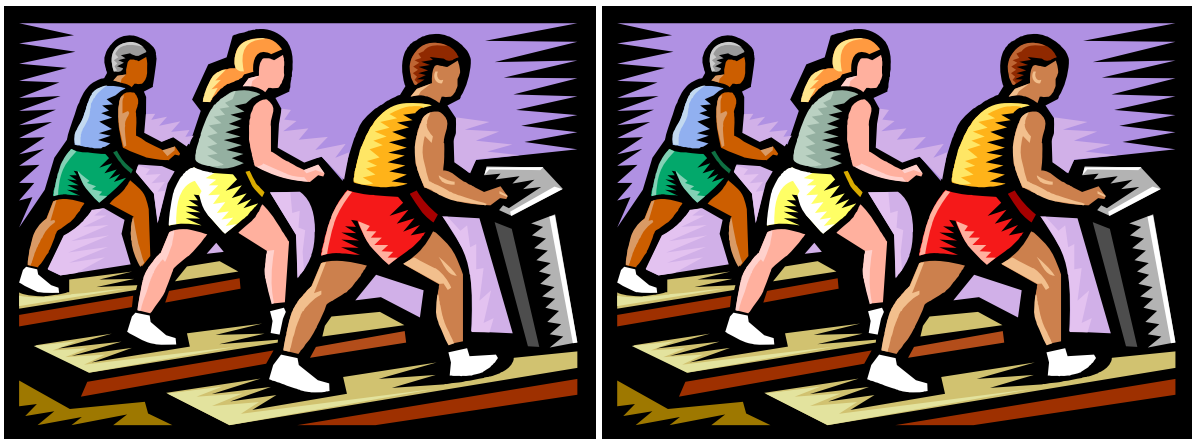
12:00 pm: Bingo

Learn and play the Latin American equivalent to Bingo; play for fun or for prizes. Fee \$1.00

12:00 pm: Spanish Advanced Beginner

Beginner class covers the first half of text and Adv. Beginner covers the remainder, 15 weeks.

1:00 pm: Lunch Sliced Roast Beef, Mashed Potatoes, Broccoli, Carrots, Cauliflower, Tossed Salad, Whole Wheat Bread, Banana, Tea, Coffee, and Water.



Wednesday, February 23rd, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:00 am: Computer Tutoring

If you have taken a computer class, volunteers Edward Ingram, Jane Hawkanson and Leah Kwait-Blank are available to give one-on-one help to improve your computer skills. .

10:00 am: English Classes

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction by volunteers. .

11 am: Learn how to read and write in Spanish

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: USA Movie with Spanish subtitles.**12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program**

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

12:00 pm: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

12:00 pm: Spanish Club

Practice your Spanish conversation skills with native speaker and volunteer Waldo Pinto.

1:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Baked Pollack, Lemon Butter Sauce, Pinto Beans, Carrots, Broccoli Slaw, Rye Bread, Pear Crisp, Tea, Coffee, and Water.

**Thursday February 24th, 10:00 am - 11:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

Meets every Thursday, for information please contact Ms. Quynh Nguyen at 301.588.6862.

10:30 am: Call N' Ride

Learn all the special transportation services that the county offers to seniors from a staff of the Division of Transit Services of Montgomery County Government.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:00 am: Citizenship

Martine Portee from Baltimore City Community College helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

12:00 pm: US Movie**12:00 pm – 1:00 pm: Santé Discussion Group - Family Relations**

In co-sponsorship with Affiliated Santé Group, Therapist Maricela Barroso focuses this interactive group on developing skills to help cope with everyday life. Session is in Spanish only.

1:00 pm: Lunch, Tomato Soup, Pork Chop/Dijon Sauce, Peas, Summer Squash, Whole Wheat Roll, Applesauce, Coffee, Tea or Water.

Friday, February 25th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am - 2:00 pm Chinese American Senior Services Association (CASSA).**10:30 am: PACE (People with Arthritis Can Exercise)**

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion.

Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of T'ai Chi Chuan solo exercise.

11:00 am: Continuing Spanish

For seniors who wish to continue to develop their Spanish skills including grammar, text required, *Easy Spanish Step-by-Step* by Barbara Bregstein. Instructor is native Spanish speaking Waldo Pinto; 15 weeks. .

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$3.00 per class per person.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Meatloaf, Baked Sweet Potatoes, Garden Salad, Whole Wheat Roll, Diced Peaches, Cranapple Juice,, Tea, Coffee, and Water.

**Monday, February 28th, 10:00 am to 11:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am - 2:00 pm: Chinese American Senior Services Association (CASSA)**10:00 am - 12:00 pm: English Classes**

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction by volunteers.

10:30 am - 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00.)

10:30 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own. .

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

12:00 pm: Spanish Club

Practice your Spanish conversation skills with native speaker and volunteer Waldo Pinto.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Baked Haddock, Ginger Sauce, Rice Pilaf, California Blend Veggies, Tossed Salad, Whole Wheat Bread, Applesauce, Coffee, Tea and Water.



Other Programs**Cambodian Senior Group**

Meets at Long Branch on Fridays, 10:00 -11:00 am for T'ai Chi. Please call Seng Cau 240-485-6667 to confirm dates.

Chinese American Senior Services Association (CASSA)

Meets Mondays and Fridays, 10:00 am– 2:00 pm, contact, Vivien Hsueh, President, 301-530-4880 or email yhsueh@aol.com. All activities are open for all seniors to participate.

The Vietnamese Senior Association of Maryland (VSAM)

Meets every Tuesday 10:00 am to 2:00 pm. Contact Chairman and President *LamBảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net Open for all seniors to participate.

The Vietnamese American Senior Association (VASA)

Meets every Thursday from 10:00 am to 2:00 pm, for information please contact Ms. Quynh Nguyen at 301.588.6862.

Exercise and Weight Room Senior Pass Adults 55+ may register to use Long Branch Community Center's exercise and weight room or that at any other community center at \$50/year under the Silver Sneakers program, Monday through Friday, 10:00 am – 2:00 pm. Appropriate attire is required for your safety, tennis shoes and shorts or pants, no skirts or hard soled shoes.

Aging and Disability Resource Center

Client Assistance Worker from the Department of Health and Human Services Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. You can contact her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.

Senior Center Services

Transportation to Long Branch for Seniors

Door-to-door bus transportation to the center is offered of charge Monday-Thursday within a limited area. To make arrangements please call 240-777-6975.

Manna Food Center

Manna distributes food at the parking lot of the Long Branch Community Center on Wednesdays from 5:00 pm to 7:00 pm. The Senior Center can refer you to Manna. If you have any question, please contact Manna at 301-424-1130.

Mobile Medical Care

The Mobil provides primary healthcare services for residents of Montgomery County without health insurance, Fridays, 8:30 am - 4:00 pm. Please call MobileMed 301-493-2400.

Mobile Post Office

Thursdays 12:30 pm – 1:00 pm the mobile post office comes to the center to take your mail or to sell stamps.

Seniors with Disabilities

Are encouraged to participate in senior programs. Montgomery County Government is committed to complying with the American with Disabilities Act (ADA). If you need auxiliary aids, program assistance or services in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity, 240-777-6870 or TTY 240-777-6974.